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BACK TO THE KITCHEN**BUT NO WORRIES — CHEF AND
HANDS-ON DAD MICHAEL SMITH
HAS SOME TIPS FOR KEEPING IT
SIMPLE AND PACKED WITH FUN

PAGE 11



RED RIVER COLLEGE

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Nathan Unrau, 13, is joined by healthy living minister Jim Rondeau in packing up lunches for those less fortunate. Thanks to some help from Coca-Cola Canada and its Open Happiness campaign, Nathan delivered more than 2,000 homemade lunches, his largest delivery yet, to Winnipeg shelters on Saturday as part of his Lunches with Love program. CONTRIBUTED

**The swine! Thief
on the lam with
celeb-signed pig****Lovey's BBQ.** Owner
laments loss of Dan
Aykroyd-autographed
ceramic pig**BERNICE
PONTANILLA**

bernice.pontanilla@metronews.ca

The theft of a prized pig statue
signed by Canadian actor Dan
Aykroyd has the owner of a
local restaurant singing the
blues.Roger LeBleu, owner of
Lovey's BBQ and Smokehouse
in St. Boniface, said his store
was broken into at about 2
a.m. Friday morning and the
autographed ceramic pig is
now gone."Financially, it's not worth
anything, but sentimentally,
it's a one-of-a-kind. There's no
other like it; I don't know if we**Actor Dan Aykroyd presented an
autographed ceramic pig to Lovey's
BBQ. Now the pig has gone missing.**
CONTRIBUTEDcan do it again," said LeBleu
Friday at lunchtime."Maybe Dan will hear about
it and send us something."LeBleu said Aykroyd, of
Blues Brothers and Ghostbust-
ers fame, signed the pig statue
while he was in Winnipeg pro-
moting the line of Canadian
wine that bears his name in
2009.

The Aykroyd fan hopes the

actor will consider donating
another piece of memorabilia
to the restaurant or signing an-
other pig for them.LeBleu was alerted to the
theft and had to call a lock-
smith to fix the door where the
robber went in, meaning he
didn't get back to sleep until
five in the morning, he said.Dealing with the aftermath
of the theft also prevented
LeBleu from taking his food
truck out for the day."It's not just the pig mis-
sing, it's all of the unsettling
things that happen as a cause
of this," he said, adding that
the break-ins make one feel
violated."We just wish people would
be more respectful of other
people, and how hard they
work."A Winnipeg police officer
was at the store over the lunch
hour, and their investigation
into the break-in continues.**2013
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Sports. Manitoba's recreation policy getting an overhaul

The province's two-decades-old recreation policy will be hauled into the 21st century, says Children and Youth Opportunities Minister Kevin Chief.

The goal of the review of the Policy for Recreation Opportunities, Chief said, is to better reflect the ways in which Manitobans exercise. It will take into account sports such as cricket and ultimate Frisbee, which weren't even on the radar 20 years ago.

"The face of recreation in Manitoba has changed because the demographic has changed and the policy hasn't been updated in 20 years," Chief told the media moments after participating in a square dance.

Kamta Roy Singh of the Manitoba Cricket Association said the government's initiative is a good one because it takes into account the diversity of sports that exists in the province.

"We need to promote sports in general. We need to start sports at a very young level," Singh said.

"When you think about health, when you think about wellness and you look at diversity, all sports are important, so I think this is a great, great announcement."

Chief said consultations with local governments, school divisions and sports and recreation organizations will begin in the fall.

BERNICE PONTANILLA/METRO

Women's shelter files human-rights complaint against deputy premier

The Winnipeg women's shelter Osborne House has filed a human-rights complaint against the deputy premier over his comment about "do-good white people."

Eric Robinson, who is also aboriginal affairs minister, made the remark in an email in November about a burlesque show held to raise money for the provincially funded shelter.

Nahanni Fontaine, Manitoba's special adviser on aboriginal women's issues, emailed Robinson to point out the fundraiser and said

it wasn't a good idea to use a burlesque show to raise money for battered women.

Robinson agreed and said it demonstrated "the ignorance of do-good white people without giving it a second thought."

Robinson has apologized, but says he still thinks the event was in poor taste.

"The work Osborne House does is important for our community, especially aboriginal women who are suffering from the generational effects of discrimination and exploitation," he said on Friday.

"I did not mean to offend anyone with the words I used. I still feel the event was in poor taste and could have been better thought out, given the clientele of Osborne House are women who have been exploited and victimized."

"Upon further reflection and discussion with the premier, the words I chose in the moment were regrettable, and for that I apologize."

Barbara Judt, CEO of Osborne House, said the comment was hateful, discriminatory and racist.

CJOB/THE CANADIAN PRESS

Impaired charges

Woman dead after seven-car collision

A man driving along McPhillips Street Saturday caused the death of a Winnipeg senior, several injuries to five others and damage to seven vehicles, police say. A 71-year-old woman was taken to hospital and later died. Several others were also taken to hospital. Adam Quinn Langan, 29, was arrested and faces several impaired driving-related charges. METRO

Comic's loyal fans almost as scary as his comedy routine

Doug Stanhope. If it weren't for the pressure of being on top, 'I'd be day-drinking by now'

JARED STORY
winnipeg@metronews.ca

Standup comedian Doug Stanhope has a loyal and somewhat alarming following.

"There was a time in Calgary where I actually crossed the street walking away from a crowd of ne'er-do-wells only to realize they were in line to see me," Stanhope, 46, said on the phone from his home in Bisbee, Ariz.

"There are a lot of good people, too, that don't match up with the psychopaths. You get the occasional doctor who has to sit next to one of those people and they're both afraid," he added with a laugh.

Stanhope's style has been described as abrasive, vulgar, even appalling. He's also heralded as a social critic who is as brutally honest as he is hilarious. The Office co-creator Ricky Gervais once said, "Doug Stanhope might be the most important standup working today." Other comedians such as Sarah Silverman and Louis C.K. have spoken of Stanhope with similar regard.

With PR like that, Stanhope has amassed a committed fan base, which means he has to churn out more material than your average comic.

"It's a pain in the ass, but if I was under no pressure to do anything, I wouldn't," he said. "I need deadlines, I need terror and I need to be afraid of my audience. It's the only thing that keeps my head in a notebook. Otherwise, I'd be day-drinking right now."

Thanks to his faithful following, Stanhope's show at Rumor's Comedy Club on Monday is sold out.



Doug Stanhope plays Rumor's Comedy Club on Monday night. CONTRIBUTED

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NEWS

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Syria OKs chemical attack investigation

UN probe. Several countries urge military action if strike alleged to have killed more than 300 is verified

Syria agreed Sunday to a UN investigation into last week's alleged chemical weapons attack outside Damascus — a deal a senior White House official dismissed as “too late to be credible,” saying the United States has “very little doubt” President Bashar Assad's forces used such weapons.

The hardening of the U.S. position came as calls for military action grow. In a sign the U.S. may be a step closer to an armed response, naval forces have already been dispatched toward Syria's coastal waters, although President Barack

Obama has cautioned against a hasty decision.

With France, Britain, Israel and some U.S. congressmen urging swift military action against Assad's regime if the use of chemical agents is confirmed, the UN team's conclusions could have a dramatic impact on the trajectory of the country's civil war.

The agreement struck in Damascus calls for UN experts already in the country to begin an investigation Monday into the suspected chemical attack on rebel-held areas in the capital's eastern suburbs.

Anti-government activists and Doctors Without Borders say that more than 300 people were killed in an artillery barrage by regime forces Wednesday that included the use of toxic gas. The government calls the allegations “absolutely baseless.”

THE ASSOCIATED PRESS

Applying pressure

Baird, Harper share outrage with leaders

Foreign Affairs Minister John Baird and other western leaders applied more pressure on Syria on Sunday, with a call for Syrian authorities to allow the United Nations access to the site of last week's alleged chemical attack.

Officials in Baird's office said he had separate phone conversations on Sunday with U.S. Secretary of State John Kerry and the Foreign Minister of the French Republic, Laurent Fabius. He spoke with British Foreign Secretary William Hague on



John Baird
THE CANADIAN PRESS

Friday. The ministers “shared their outrage” about recent events in Syria, especially the purported use of chemical weapons, said a foreign affairs official in an email.

Prime Minister Stephen Harper also was pulling the diplomatic levers over the weekend, discussing the situation in Syria by phone in separate conversations with British Prime Minister David Cameron and French President Francois Hollande.

THE CANADIAN PRESS



Black columns of smoke rise from heavy shelling in the Jobar neighbourhood, east of Damascus, Syria, Sunday. UN inspectors will have to traverse through both government-held and opposition-controlled turf to conduct their probe into an alleged chemical weapons attack. HASSAN AMMAR/THE ASSOCIATED PRESS

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Trudeau's toké tale aimed at dispelling smoke and mirrors

Transparency. Liberals hope host of measures will bring more public support than trouble

There is method to Justin Trudeau's reefer madness.

His willingness to confess his past proclivity for puffing pot is part of a strategy to brand the Liberal leader as a different kind of politician — one who's transparent, even to a fault.

It's a risk that could pay off big or blow up in his face, Liberal insiders acknowledge.

His voluntary admission last week that he took a pull on a joint at a dinner party three years ago — while he was an MP — wasn't the first example of Trudeau's perilous frankness and it won't be the last.

During the leadership contest last spring, Trudeau voluntarily disclosed all his sources of income, including more than \$1 million earned on the public-speaking circuit.

The fact that he continued to accept hefty speaking fees from charitable groups and educational institutions after being elected as an MP sparked sufficient backlash that he eventually offered to refund any dissatisfied group. In the end, none took him up



Justin Trudeau's call to legalize weed has the added benefit of appealing to those who normally vote NDP, strategists contend. FRANCIS VACHON/THE CANADIAN PRESS FILE

on the offer.

"It's the type of leadership that (Canadians) have been waiting for," Liberal House leader Dominic LeBlanc wrote on the pot controversy in a blog on the party's website last week.

"Rather than duck and dodge, our leader gave straight answers to tough questions."

The commitment to transparency isn't going to be confined to the leader, however.

During a three-day caucus retreat in P.E.I. that begins Tuesday, Liberal MPs and

senators are to be presented with a template for publicly disclosing their expenses online. That's in keeping with a promise made by Trudeau last spring amid the uproar over the Senate expenses scandal.

MPs will also be given a rundown on how the party intends to handle Trudeau's pledge to hold open nominations in every riding across the country, forgoing the leader's power to appoint candidates or protect incumbents from challenges.

THE CANADIAN PRESS

Indian police prepare to lay charges in gang rape

Police on Sunday arrested the last of five men wanted in the gang rape of a photojournalist in Mumbai and said charges would be filed soon in a case that has incensed the public and fueled debate over whether women can be safe.

The victim, a 22-year-old Indian woman, said she was anxious to return to work after Thursday's assault, in which five men repeatedly raped her while her male colleague was beaten and tied up in an abandoned textile mill.

"Rape is not the end of life," the woman told the Times of India.

"We will file a comprehen-



Bollywood actress Sonam Kapoor, right, at a protest in Mumbai, India, on Sunday. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

sive charge sheet soon," said Mumbai's police commissioner, Satyapal Singh, assuring that police had the evidence to prosecute the suspects.

Police said one of the two

suspects has confessed to his involvement and another will undergo medical tests to confirm his age after his family said he was a juvenile of 16.

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Wallin watch. Energy firm settles class-action lawsuit

A U.S. court has approved a multimillion-dollar settlement in a securities fraud class-action lawsuit against a bankrupt energy exploration company for which embattled Sen. Pamela Wallin was a director.

Between June 2007 and December 2011, Wallin was a paid member of the board of Oilsands Quest Inc., a Calgary-based exploration company. As a director, the Saskatchewan senator was named in the lawsuit along with fellow board members, TD Securities

and Calgary consulting firm McDaniel and Associates.

The lawsuit, filed by investors in United States District Court in New York in 2011, alleged that Oilsands Quest and its directors overstated the value of the company's assets by \$136 million.

Oilsands Quest has not admitted any wrongdoing and has denied all allegations. The firm decided it would be "desirable and beneficial" to settle because litigation could have dragged on. **THE CANADIAN PRESS**



Sen. Pamela Wallin was on the board of directors of Oilsands Quest Inc., a now-bankrupt energy exploration company. **THE CANADIAN PRESS FILE**

Publishing. More Salinger books planned, new bio says

The authors of a new J.D. Salinger biography are claiming they have cracked one of publishing's greatest mysteries — what *The Catcher in the Rye* novelist was working on during the last half century of his life.

Starting sometime between 2015 and 2020, a series of posthumous Salinger releases are planned, according to co-authors David Shields and Shane Salerno, whose biography, called Salinger, will be published Sept. 3. The Associated Press obtained an early copy. Salerno's documentary on the author is scheduled to come out Sept. 6.

Providing by far the most detailed report of previously unreleased material, the book's authors cite "two independent and separate sources" who they say have "documented and verified" the information.

The Salinger books would revisit *Catcher* protagonist Holden Caulfield and draw on Salinger's Second World War years and his immersion in Eastern religion. The material also would feature new stories about the Glass family of Franny and Zooey and other



J.D. Salinger at home in Cornish, N.H., with Emily Maxwell, his editor at *The New Yorker*. **THE STORY FACTORY/THE ASSOCIATED PRESS FILE**

Salinger works.

Salinger does not identify a prospective publisher. Spokesman Terry Adams of Little, Brown and Company, which released *Catcher* and Salinger's three other books, did not immediately respond to requests for comment. Salinger's son, Matt Salinger, who helps run the author's literary estate, was not immediately available for comment. **THE ASSOCIATED PRESS**

Housing

Canadian firm to build 10,000 homes in Jamaica

A Canadian firm has signed a four-year agreement with Jamaica's government to build 10,000 homes. The island's housing ministry says Commonwealth Corporate Support Services will launch the \$705-million project this year. The project aims to provide housing for Jamaica's middle class. **THE CANADIAN PRESS**

Education

N.Y. sues over Trump University

New York's attorney general has sued Donald Trump for \$40 million US, saying the real estate mogul helped run a phoney Trump University that promised to make students rich but instead steered them into expensive and mostly useless seminars, and even failed to deliver promised apprenticeships. **THE ASSOCIATED PRESS**

Oil

B.C. worries spill would overwhelm response efforts

Officials in British Columbia privately warned the province lacks the ability to manage oil spills from existing and future oil traffic, and even a moderate spill would overwhelm their ability to respond, documents show. The notes were written by B.C. environment ministry bureaucrats. **THE CANADIAN PRESS**

Doping

U.K. paper settles with Armstrong

British newspaper *The Sunday Times* has reached a settlement with Lance Armstrong after suing the cyclist to recover damages from a libel settlement. The paper paid Armstrong 300,000 pounds (now about \$490,000) in 2006 to settle a case after printing claims that he took performance-enhancing drugs. **THE ASSOCIATED PRESS**

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STOP THE SILLY SEASON, PLEASE

Dear provincial politicians: Please, please, please take a vacation. You need one. Heck, we all need you to take one.

For those who haven't been following the endless, silly session at the legislature this summer — and thankfully that's most of you — the level of political discourse in this province might have hit an all-time low.

Yes, there are still daily questions from the opposition about the PST increase and Bipole III, but both those issues are essentially dead, at least until the next election.

So instead, our fearless leaders have spent much of their summer calling each other names, and acting in faux outrage whenever someone says something mean about them.

I'm not sure if it's the heat inside the legislature — the average summer temperature inside the building is on par with hell, and that's before the politicians start blowing air — but there's been some stellar examples of goofy behaviour.



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

To recap, we've had accusations that PC leader Brian Pallister called an NDP member a "retard," NDP MLA Dave Gaudreau seemed to insinuate a PC member was gay in a bizarre statement, a group of PC MLAs wore matching Christmas ties one day as part of a silly threat to keep the legislature sitting until December, the PCs accused the NDP of plagiarizing actor Paul Walker (yes, really), and then Pallister (again) was criticized for using the words "asinine" and "bulls—t."

Well, at least Pallister is right about something: this is all asinine and bullsh—t.

The name-calling (and histrionic over-reaction to the name-calling) makes all politicians look bad. Wearing matching outfits as

part of an inside joke is juvenile.

And while Paul Walker is hardly Winston Churchill, I'm willing to bet the Tories have used inspirational quotes from celebrities and leaders thousands of times themselves.

Come back when you are ready to act like grown-ups

The name-calling (and histrionic over-reaction to the name-calling) makes all politicians look bad.

The real problem here is that while no one has any idea why they're still sitting, neither side wants to be the first to blink.

But they'd both be far better off finding a way to gracefully bow out of this now meaningless session, then regroup and come back with fresh ideas in a few months that reflect the real priorities of Manitobans.

And rather than re-engaging in the childish banter and antics, maybe all our elected leaders should remember the words of the immortal Paul Walker:

"You know, all that really matters is that the people you love are happy and healthy. Everything else is just sprinkles on the sundae."

ZOOM

On paper, they're famous stars



Showbiz icons cut out of cardboard

An artist in Oxford, England, has turned discarded cardboard into portraits of iconic Hollywood stars. Giles Oldershaw, 59, stripped and added layers of the stiff paper packaging to highlight each personality's facial features. Those portrayed include, clockwise from top left: Audrey Hepburn, Marlon Brando, Marilyn Monroe and Alfred Hitchcock. **METRO**

Q and A

One man's trash



GILES
OLDERSHAW
Artist, 59, from
Oxford, England

What's your technique?

With one eye on a photograph of the star, I use a scalpel and a pair of tweezers to remove layers of cardboard to create defining features.

Where did your love for cardboard come from?

I grew up in the outback of Australia, my family was very poor and I didn't have many toys. Instead, I got used to using found objects from the local dump.

COURTESY GILES OLDERSHAW



Clickbait



ANDREW
FIFIELD

andrew.fifield@metronews.ca

I spent a big chunk of this weekend travelling, which means I also spent a big chunk of it whiling away the commute on iOS games. These are the games I was playing:



Plants vs. Zombies 2:

The wildly anticipated sequel to Pop-cap's successful flora versus the undead is finally out. Plant aggressively defensive plants with varying abilities in front of your house to keep it safe from the invading zombie horde. The choice to go freemium was controversial, and I'm on the anti-side. The in-app purchasing is handled fairly well, but I would have been much happier to pay a few dollars for the full game. (iOS/Free)

average tribe of fear-some warriors may need. Hone your battle skills with skirmishes against the game's AI armies to prepare for the first invasion from a real-life player. It's all huge fun. (iOS/Free)

Fetch:

A heart-melting, point-and-click adventure starring a boy and his dog — or a boy and a search for his dog, rather. Aimed squarely at younger gamers, the storybook presentation and colourful cast of characters will hook anybody who doesn't have a heart of stone. (iPad/\$4.99)

Clash of Clans:

Another addictive free-to-play time-suck, Clash of Clans is a little older but new to me. Build a village containing all the buildings and supplies your

Twitter



#VMAs #timeless

@VictoriaJustice: So excited for the VMAs... heard there might be an @NSYNC reunion: O Anyone else watching? #VMA

@troysivan: Waking up extra early today to watch the #VMAs live, because time zones are a thing

@maggiewrobel: N Sync reunion pending, I would also accept JT performing 'Justified' in its entirety

@SoVeryAwkward: That awkward moment when you're irrationally excited for the #NSYNC reunion tonight. #VMAs

@mikesbloggity: Wake me when there's a Moffatts reunion. #VMAs

@jennxpenn: So proud of my friends @jccaylen @alexalosey & @LOHANTHONY at the VMAs. Such a cool experience, hopefully one year I can go too! #VMAs

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

Stay-at-home socialites

Slice's newest clique under the microscope is a group of six well-off ladies living with their parents on Long Island. But the young women of *Princesses: Long Island* want you to know that beneath the expensive bags and the Jimmy Choos are six girls just trying to make it in the world. Here's a look at each of them. *Princesses: Long Island* premieres Monday. **METRO**

Chanel (Coco) Omari, 28

Chanel grew up in a modern Orthodox Jewish family and dreams of one day becoming a talk show host.

On moving back home: "We went through what everybody went through with the economic crisis. We all lived in the city at some point; we all tried to manage, and we couldn't, so we had to move back home. It doesn't mean that we're all not trying to find our independence."

Casey Cohen, 28

The leggy blond is probably the least Long Island of the bunch — she spends her days working up a sweat at SoulCycle and lounging at the SoHo house rooftop. At night, she waitresses at trendy Meatpacking spot 1 Oak.

On relying on her girlfriends "Every girl wants to be a princess. I want to find that prince, but I haven't, so we have each other to go through that process."

Ashlee White, 30

Though she loves living at home with her best friends (her parents), Ashlee looks forward to the day that she can be a stay-at-home mom and treat her husband like royalty. Fun fact: Her parents have a pool in the shape of an Absolut bottle.

This ain't no Jersey Shore: "Right now everyone is getting to know our names, and I can't wait for them to really know our stories, because we're so relatable, and once they hear our stories, the stereotypes — I feel like — will just disappear."



Erica Gimbel, 29

Erica loves singing, dancing, hitting the beach and spoiling her two Cavalier King Charles spaniels.

Mall day or beach day? "Roosevelt Field stresses me out. Me and Amanda can be seen on the beach with SPF maybe four or eight with sunshields."

On being a Princess: "We're all very comfortable in our own skin, and we're all confident and unapologetic on who we are."

Amanda Bertoncini, 27

Amanda lives with her mom and runs her company, The Drink Hanky, which makes beverage sleeves to keep drinks warm and cool. She met her main squeeze, Jeff, on the Long Island Railroad.

Where to find her this summer: "I love Long Beach."

No horse-drawn carriage for her: "This princess rides the subway. I just have no patience. I just want to get there. When I drive in the city, I just want to, like, run over someone. Not literally."

Joey Lauren, 30

Joey moved out of the city and back with mom and dad after getting her heart broken. She's currently working on growing her business, Kissamint LLC, which packages lip gloss and breath fresheners together in one unit.

Where to find her on a summer day: Field 4 at Jones Beach

On potential suitors from outside Nassau County: "If I was trying to find love that wouldn't matter to me."

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2
SCENE



Harry Styles. ALL PHOTOS GETTY IMAGES

Bring on Mean: The Sequel, Styles ain't scared

Harry Styles knew what he was signing up for by dating Taylor Swift — and he's ready for the songs she'll likely write about him.

"It would be hypocritical for me to say she couldn't do

it because everybody writes songs based on personal experiences," he tells Us Weekly. "I can't say I'd have dated someone less famous to avoid it. At least she's a great songwriter."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rich celebrity wants you to know it's not all that great

Robert Pattinson wants everyone to know that fame is not all it's cracked up to be.

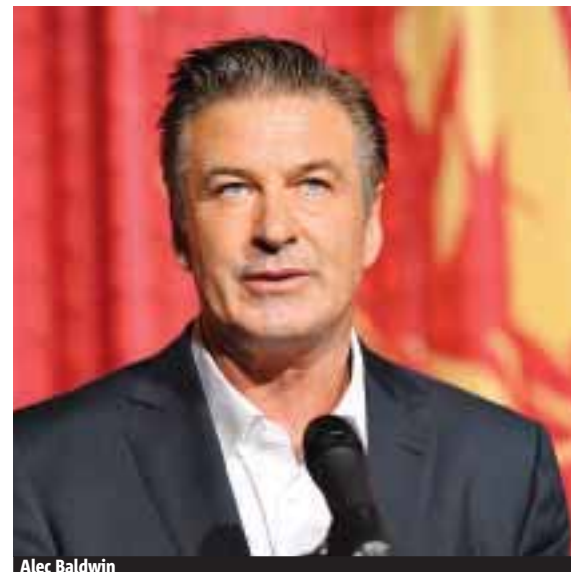
"People don't realize how lonely you are," he

tells GQ magazine.

"It's strange; you don't have a normal life anymore. You spend much time trying to fight it, but in the end you find another way to live."

And that's not all.

"When you become famous, it's easy for some people to hate you just because you are famous," he adds. "That's why, sometimes, you beat yourself up."



Alec Baldwin

One more added to the Baldwin flock

Alec Baldwin is a father once again. His wife, Hilaria, gave birth to a baby girl this weekend in New York, she confirmed on Twitter.

"We are overjoyed to announce the birth of our daughter Carmen Gabriela,"

Hilaria wrote. "She is absolutely perfect."

While this is the couple's first child, it's the second for Baldwin, who also shares 17-year-old daughter Ireland with his ex-wife Kim Basinger.

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-BY THE MALL-

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Here's a clue: a main character insists he does not say: "BLEH, BLEH BLEH"

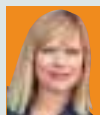
Bring your lawn chair or beach blanket and enjoy this mystery movie on a giant outdoor screen (rain or shine). The 90 minute movie will start at dusk, but it would be best to get to the mall early.



Garden City Shopping Centre,
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Book excerpt

Online boss



**IT'S ALL
RELATIVE**
Kathy Buckworth
kathybuckworth.com

Basically, there is no better place to be the boss of your kids than in the world of social media. It's a privilege, not

a right, for them to be there. Use your common sense and monitor them. Take, for instance, the concept of Facebook creeping. As a parent, this is a valuable management tool when it comes to finding out what your children are doing that they consider being brag-worthy. In other words, things they shouldn't be doing and don't want you to know

about. Should you discover any unsavoury material on their page — which could include drinking, damaging public property, tattooing, or, worst of all, dissing their mother — punish them without explaining why. This is a perfect opportunity to pull out the “If you have to ask why, then you truly must think I am

stupider than I am.” (You may not want to use stupider in this particular context.) Creep their friends too, and tell on them to their parents. They're the boss of their kids too, remember? **FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013, WHICH HAS BEEN OPTIONED BY WARNER BROTHERS TELEVISION.**

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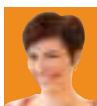
“Why do you keep asking WHY?!” Read **Reasons Mommy Drinks**, by Lyrandia Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, **Reasons Mommy Drinks**, in bookstores across North America Sept. 10.



Back-to-school kitchen juggle

Michael Smith.

The chef, TV personality, writer, environmentalist and dad shares his tips



**THERESA
ALBERT**
DHN, RNCP
myfriendinfood.com

1. Smith's kids love to cook pancakes on the weekend, so they make a whole-grain batter, double it and use it up the next day for waffles. Seasonal fruits and homemade compote make quick, healthy breakfasts.

2. Decide that the kitchen is fun, not work. Don't worry about the cleanup part. Just create a system to make quick work of that too.

3. Serve all meals “family style” on platters to please everyone's palate and hunger level. The leftover components can be transformed into lunches.

4. Cook outside on the grill as long as you can while the weather is good. Grill a bunch of fish fillets, chicken breasts



Chef Michael Smith believes keeping it simple is key to surviving the back to school rush and the kitchen in general. COURTESY THERESA ALBERT

or legs at the same time and toss into salads.

5. Have a fridge shelf designated for fruit and chopped veg-

gies, ready for the after-school rush. Kids are hungry at this time and you have more of a chance to “hit the mark.”

Clean-up system

Having a system to make cleanup easier encourages you to get into the kitchen more often. Smith shares these cleanup tips:

- **Dishwasher.** Smith is a big fan of a dishwasher that is clean and dishes that are spotless. He swears by Cascade Platinum because he doesn't have to rinse or hurry, so it saves time and effort.
- **On the go.** According to Smith, the discipline of “cleaning as you go” translates into better cooking. He believes that “every craft benefits from discipline.”
- **In a bowl.** Use a garbage bowl for compost and dishes for all ingredients. It is more efficient and safer to stick dishes in the dishwasher than it is to clean the counter.
- **Wipe away.** Wipe baking spills from pans with a moist clean cloth before you bake so sugars don't burn. Small drops make bigger problems.
- **Maximize.** Have a dishwasher system that uses your dishwasher to the max. Stacking well also makes unloading a snap.

6. While you are cooking dinner, put an extra pot on the back burner with veggie ends, peels and bones. This makes a very nourishing soup or broth for rice. Reduce it all the way down after straining and it can become a sauce.

7. Make baby food out of whatever you have on the go. Mash and jar, then freeze.

8. Cook your basics in advance when you have time. Quinoa,

wild rice, beef, tomato sauce and the like do very well in the fridge throughout the week.

9. Have a neighbourhood baking rally. Trade off muffins, biscuits, breads and loaves to get everyone in on the process.

All in all, Smith believes removing fear of cooking is key to getting back to basics (which is the name of his new cookbook, by the way ... go figure!) and surviving the back-to-school rush.



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3
TIPS

What dream careers may come...

Passion before pennies. Leaving a mark means more in this modern day than making millions

MAJA LUNDAGER
Metro World News

Finding and pursuing a dream job seems like a big job unto itself — just getting by is overwhelming enough. In their book *Build your Dreams: How To Make a Living Doing What You Love*, Alexis Irvin and Chip Hiden collected advice from dream-chasing Americans who told them how they made it work and chased their passions.

In 2009 Irvin and Hiden graduated from college and started working, but it didn't take long for the two to realize it wasn't the right choice for them. They quit their jobs, packed up their stuff and drove across America, interviewing successful



Get to thinking about greener pastures. Ask yourself: What excites you? What makes you get up in the morning? Try the potential paths you might want to follow and cross off the ones that didn't work for you. ISTOCK

people who had found work that they were passionate about. Their research turned into a movie called *The Dream Share Project*, which inspired their book of advice

from their long trip.

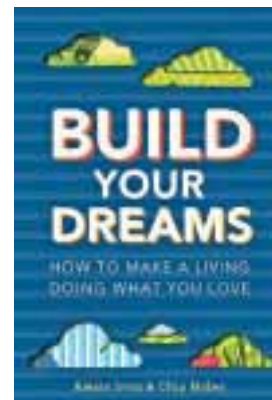
In the past, work meant earning a salary and dreams were for your spare time. Why is having a dream job

so important today?

Chip Hiden: The definition of how we define success, at least in America, is shifting somewhat. Today I think that people are finding that happiness also can drive what you do with the time you give to honest work. You (can) make a lasting contribution. And I think that young people are starting to think more about the legacy they will leave. What type of mark are you going to leave on the earth? We are not just thinking about money.

How much space does hunting for a dream job leave for other things in life?

Alexis Irvin: I think that it requires a lot of work, maybe for a long time, so it depends on where your priorities lie. Maybe there are a few years where you will be really career-focused, but then you can switch to another focus



later on. CH: One thing we have noticed is that people who pursue their dreams, as opposed to just doing a job to earn money, tend to be more happy and passionate. That happiness and passion re-

Let's try one "what if" question. What if you reach your limit before the goal?

CH: One thing that we found is that it's not necessarily obtaining whatever the goal is (that matters). It's more the journey along the way that is the really rewarding and exciting part. In our case we made the film, which was super exciting, and then we were like, 'OK. Now let's try to write a book.' Try to enjoy the journey and take some time to look around and realize that you are pursuing something you care about.



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I'm uncertain about Junior's ensemble...

Clothed in concern.

How to convey that less dress doesn't always impress

Before her daughter leaves the house, Elena Grant has established a rule to help ensure her teen's ensemble isn't too revealing.

"She's got to lift up her arms, and if her shirt comes up above her belly, she's got to put a cami(sole) on or tank top."

As owner of online tween clothing boutique Sofiabella.ca — which also operates a retail store in North Vancouver — Grant makes a concerted effort to carry age-appropriate clothes and to offer alternatives to more suggestive or grown-up offerings targeted to the young-er demographic.

"It has to be on trend. The girls want to be in style," said Grant, mother to 15-year-old daughter Sofia and sons Josh

The smart way to style

Jennifer Kolari, a family therapist in Toronto, acknowledges that once youngsters reach their later teen years, parents can't engage in battles over clothing in the same manner as they did when children were younger.

- This is why it's important to engage in a dialogue with kids early on about the symbolism of clothing and the image or look they want to portray through their dress, she noted.

and Ben.

"So what the challenge is in finding pieces that have the look of what's current but that's cut appropriately for their bodies and nothing that's going to be too sophisticated or too sexy."

While the '80s, off-the-shoulder look is in vogue, Grant

said she aims to stay away from such selections as much as possible. Instead, she'll try to find styles that don't completely bare the shoulder and encourage girls to wear tank tops with wider straps underneath to "get a bit of the look without going overboard."

Grant said she has engaged in a lot of open communication with Sofia on the subject of fashion choices and stressed the importance of "what you say to the world by what you wear."

"Even though you think the pair of cute little cutoff jean shorts are trendy and in style and comfortable, what are you saying to the world when half your butt is showing or your bra strap is showing or your belly is showing?"

"Right or wrong, people make a judgement on what you are based on what you wear, especially (after) a first impression. Now that she's older, she understands it a lot more."

THE CANADIAN PRESS



Elena Grant poses amongst clothing for sale at her home-based business Sofiabella, which sells age appropriate clothing for pre-teen girls, in North Vancouver. DARRYL DYCK / THE CANADIAN PRESS

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Tomatoes, cheese and basil: the perfect trio for couscous

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Israeli couscous is a small, round semolina pasta, different from the tiny, yellow North African couscous.

Ingredients

- 1 cup (250 ml) Israeli couscous
- 1 cup (250 ml) diced Roma tomatoes
- 1/4 cup (60 ml) crumbled goat cheese (about 1 oz/30 g)
- 1/2 cup (125 ml) shredded Havarti cheese (1.5 oz)
- 1/3 cup (80 ml) chopped green onions
- 1/3 cup (80 ml) chopped fresh basil or parsley
- 2 tbsp (30 ml) grated Parmesan (or Asiago) cheese (0.5 oz)
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 ml) finely chopped garlic
- pinch of salt and pepper



This recipe serves four. CONTRIBUTED/ ROSE REISMAN

It's often referred to as pearl pasta because of its shape and texture.

Although it is becoming more readily available, you may have to go to a specialty store to purchase it. You can

substitute very small pasta.

1. Bring a large pot of salted water to a boil and add the Israeli couscous. Boil for about 8 minutes or just until couscous is tender. Drain well and

add to a serving bowl.

2. Add the tomatoes, goat cheese, Havarti, green onions, basil, Parmesan, olive oil, garlic and salt and pepper. Toss well and serve warm.

Healthy eating

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We all have cravings for something a little sweet sometimes, but biting into a certain sticky treat will cost you in calories, fat and sugar.



Cinnabon pecan cinnamon bun

1,080 calories/50 g fat/76 g sugar

One will cost you the majority of your calories, fat and double your daily sugar intake with no nutrients.

Equivalent

One Cinnabon pecan cinnamon bun is equal in fat to 13 mini Drumstick caramel ice cream cones.



Butter Tart

340 calories / 14 g fat / 27 g sugar

If you really need a treat, then choose the butter tart. It's not a good nutritional choice but is much lower in calories, fat and sugar.



Ingredients

- 2 cups dry green lentils
- Salt
- 1 cup chopped fresh parsley
- 2 tbsp chopped fresh thyme
- 2 tbsp chopped fresh oregano
- 4 cloves garlic, minced
- 3 stalks celery, diced
- 1/2 cup sliced Kalamata olives
- 1 red bell pepper, cored and diced
- 3 tbsp red wine vinegar
- 3 tbsp lemon juice
- 2 tbsp extra-virgin olive oil
- Ground black pepper
- 1/2 cup slivered almonds, toasted

Side. Lentil Tabbouleh

In this take on Tabbouleh, start by swapping out the traditional cracked bulgur wheat base. This recipe uses green lentils, which are packed with nutrients, low in fat, and high in fiber and protein. Plus, they have a subtle flavour, perfect for a salad

with plenty of other robust flavours.

1. Bring a medium pot of salted water to a boil. Add the lentils and cook until al dente, about 15 minutes.

2. Use a mesh strainer



to drain the lentils, then spread them in an even layer on a rimmed baking sheet. Transfer to the refrigerator to cool.

3. Meanwhile, in a large bowl, combine the parsley, thyme, oregano, garlic, celery, olives and red pepper. Set aside.

4. In bowl, whisk together the vinegar, lemon juice and olive oil. Drizzle the dressing over the herbs and vegetables, then mix thoroughly. Once the lentils have cooled (they don't need to be chilled, just no longer hot), add to the bowl and mix well. Season with salt and pepper, then sprinkle the almonds over the top. **THE ASSOCIATED PRESS**

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COUPONS

Monday, August 26, 2013



Websites and smartphone apps have made couponing much more simple and much more accessible, which allows more people to benefit from the savings. FUSE/THINKSTOCK

Clipping, and tapping, for more savings

High-tech. Smartphone apps and websites have made coupon collecting simpler, more accessible

JASON
MENARD
For Metro

slivers of cut newsprint littering the floor?

While there is still that component, couponing is going decidedly high-tech.

What do you think of when you think of couponing? Sitting around the kitchen table, surrounded by circulars and newspapers? Fingers stained with ink and

Helping lead that charge is Stephen Zussino, the founder of groceryalerts.ca, a website and iPhone app that helps people learn, or-

ganize, and benefit from coupons.

"I think generations X and Y are a lot more computer savvy and enjoy the experience that it provides," Zussino said.

The site launched in 2009, while the app followed in June.

The project started from helping out friends, family, and, of course, themselves.

"My wife and I noticed that we were spending a

lot of money on groceries," Zussino said. "We started collecting information, sharing it on our blog, and telling friends. We eventually started sharing more trips, coupons, and ways to reduce the grocery bill."

That led to the creation of the website, and the app was a natural extension.

"We just wanted to duplicate the content from the site and allow people to have access on their

phones," Zussino said.

Websites and apps have made couponing much more simple and much more accessible.

"Technology has helped couponing so much," said Cassie Howard, the woman behind mrsjanuary.com, a website dedicated to helping people live frugally.

"It is now much easier to collect coupons and redeem them. I think it's only going to get better from here."

Zussino agreed, saying that as in-store technology advances, coupons will be even more accessible. But that doesn't mean some old-school tactics aren't being updated with a new-school twist.

"We have an email newsletter and we also offer a printable coupon page that people will print off and take with them," he said. "It's very popular and we get great feedback about it."

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The basics. Deciphering the lingo

With a little help from sites like mrsjanuary.com and groceryalerts.ca, here are some couponing terms to help you navigate your way through the grocery aisles.

BOGO — Buy one, get one free. You may also see it written as B1G1, with the buy/get self-explanatory and the numbers referring to how many items you must buy to get

others free. Variations include deals like B2G1.

Manufacturer versus store coupons — The former is created by the product's manufacturer and is designed to get you into any store to purchase its product. Stores are reimbursed by the manufacturer for the value of the coupon, plus a handling fee. The latter are the coupons you will

commonly see in your weekly flyers. They are created by the store and are intended to get you into a specific store. There is no reimbursement to the store for store coupons.

Mail-in rebate — These are coupons that aren't redeemed at the point of purchase, but rather require the customer to make a purchase at full price, then mail in the

rebate coupon, along with a receipt or a proof-of-purchase item to receive a reimbursement after the fact.

Coupon limits — There are three main limits traditionally applied to coupons — one per purchase, one per transaction, and one per visit or family. One per purchase means you can apply as many coupons as items purchased.

If you buy six widgets you can use six coupons. One per transaction means that if you have those six widgets in one order, you can only use one coupon. But if you paid for those six widgets in six separate transactions, you could use the coupons. And one per visit is self-explanatory.

Rain check — If a product is advertised at a lower price,

but a store is out of stock, some will give you a rain check. This entitles you to the promotional price when the item is back in stock.

Expiration date — There are few things more frustrating for a grocery shopper than trying to redeem a coupon that expired a week before you tried to use it.

JASON MENARD



Frequently asked questions

JASON
MENARD
For Metro

We asked two of Canada's foremost experts on couponing — Cassie Howard of mrsjanuary.com and Stephen Zussino of groceryalerts.ca — to answer some questions about couponing.

"Groceries are the one area in your budget that's easiest to change," Zussino said.

Is the coupon market as strong in Canada as it is in the U.S.?

"No, they are not as great, but they are definitely close," Howard said. "We have great apps, coupons, rewards programs and store promotions. The only thing we don't really have is coupon stacking and double coupons (we have them, but the rules are strict and don't work all over Canada). And, yes, you can be paid to shop with something called 'overage' (when your coupon value is higher than the price of an item)."

Are there areas of Canada where couponing is more prevalent?

"Ever since Extreme Couponing aired a few years ago, couponing has been extreme-



Groceries are the one area in your budget that is easiest to change with coupons. COLOURBOX

ly popular in Canada," Howard said. "Before this, it was around, but certainly not as prominent as it is today. From what I can gather, couponing is popular all over Canada, but especially Toronto and Edmonton."

Will a coupon make people change brands or are they brand faithful?

"It depends on the products," Zussino said. "Everyone has loyalties to certain prod-

ucts. For me, Oreos are the product — I won't buy store brands. I think sometimes if you come across a different brand or product that has a high-value coupon, such as \$5 off, it may prompt you to buy something new."

Who uses coupons?
"Women use coupons more than men, and Canadians making more than \$150,000 a year are just as likely to use coupons as those who make \$50,000 or less," Howard said. "The majority of coupon users are middle-class."

Do stores like price matching?

"Whenever you price match at a store, they'll record that and it will affect their future pricing decisions," Zussino said. "Ultimately, it can drive down the cost for the customer."

Is it a lot of work?

"Our job on mrsjanuary.com is to teach Canadians that frugal living can be fun and easy," Howard said. "To me, frugal living made easy simply means to save money on everyday purchases without sacrificing my quality of life. To our readers, I believe it to be the same."

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BOOK YOUR CLEANING & MAINTENANCE TOGETHER AND SAVE

IT'S TIME TO CALL!



Only clips coupons for products you need, says one Canadian couponing expert. COLOURBOX

Start small, keep focus

JASON
MENARD

For Metro

Television shows like Extreme Couponing can make it seem overwhelming, but two of Canada's foremost frugality experts say that entering into the world of couponing doesn't have to be scary, especially if you start small.

"First of all, people need to know that Extreme Couponing is not real," said Cassie Howard, the woman behind mrsjanuary.com, a website dedicated to "frugal living made easy."

"The majority of what you see on that show is scripted. People don't save as much as they say they do. The key to not being overwhelmed with couponing is to simply take

things slowly. Start small, a few coupons at a time."

It also helps to keep focus. "My No. 1 tip for new couponers is to start small," Howard said. "Don't rush into it. Take your time, learn the ropes, and only 'coupon' for the items you need, not what other couponers may be purchasing."

Stephen Zussino, the founder of groceryalerts.ca, added that knowing what you traditionally use can help you narrow down the focus when searching for coupons that may be of interest to you.

"Try to look for products that you typically use and also look in the product areas that you traditionally use," he said.

There are other ways to save money beyond just couponing. Zussino said one of

the best ways, as well as most cost-effective, to lower your grocery bill is to play the match game.

"Find a store that allows price matching and shop there. Find the items that you want in other stores' flyers and have the store match those prices."

And while Canadians in general are apologetic by nature and don't like to cause an inconvenience to other shoppers, Howard said you should never feel bad about using coupons. But a little head's up may be courteous.

"Never apologize for saving money," she said. "If you do have a big stack of coupons, I find it the right thing to do to let the person behind you know, but (there is) no need to apologize."

Style. Dress kids for less

Summer is winding down, growth spurts are in full swing and kids are in need of a wardrobe overhaul for the new school year. Afiya Francisco, a style maven and mother of two, has partnered with Target Canada to help parents get their kids ready in style without breaking the bank.

"Shopping for kids can start to add up, especially once they start developing their own style and tastes, but, fortunately, there are ways to keep your kids looking great without spending a fortune," she said.

Here are Afiya's tips for fashionable and affordable back-to-school shopping:

Make summer pieces go farther — The fall weather can still be quite warm, starting out cooler for the morning bus ride and then it's sweltering come first bell. Dressing in layers is not only fashionable, but functional for kids this season. Layering a new wool cardigan with a graphic T-shirt not only looks great, but makes pieces last longer, and work harder, for you and your kids.

Good design at affordable prices — Depending on their ages, kids' clothes may only last a season or two, but it's important to look for pieces that are made well, feel good and can survive the wear and tear of the school-

yard. Parents don't need to spend a fortune though. When the clothes survive a school year, they can then be passed down to the next sibling in line and still be in good shape.

Update the classics — For mom's sake, hopefully a few staple pieces from the previous school year will carry over to the next year. It's easy and inexpensive to create a fresh look for the year by simply adding accessories, from clips, shoelaces, and hats to patterned backpacks, pencil cases and notebooks. With the addition of these updated pieces, no one will take note of last year's items.

NEWS CANADA

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\$2.00 off Any 907 g Canola Harvest® Margarine Product

TO THE DEALER: Upon receipt of this coupon toward the purchase of the specified product, Canola Harvest will reimburse you the face value of the coupon plus regular handling. Application for redemption on any other basis may constitute fraud and will, at our option, void coupon presented. Applications for reimbursement accepted from principals only. Mail to: Richardson Oilseed Limited P.O. Box 3000, Saint John, New Brunswick E2L 4L3. Coupon expiry date: December 31, 2013.

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16005176



Sidney Crosby speaks to reporters at Hockey Canada's Olympic orientation camp in Calgary on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

Players on board with icebreakers

Orientation camp.

Team Canada hopefuls, coaches agree there is plenty to work on away from the rink

Sidney Crosby would like to be on the ice this week at Hockey Canada's Olympic orientation camp. So would Roberto Luongo.

Instead, the high cost of insurance will limit them to some optional off-ice workouts and maybe some golf on the side.

But Hockey Canada figures that no skating is no problem for the players who travelled to Calgary for a few days of meetings, bonding and information-sharing in preparation for the 2014 Winter Olympics in Sochi.

"It would be nice, but it's not the case and I still think we can get a lot out of these few days without skating," said Crosby, the Pittsburgh Penguins captain who scored the gold-medal-winning goal in Vancouver in 2010. "There will be a lot of information being thrown out there and we'll have to learn a lot in a short period of time, but I think everyone is kind of

Too high of a price

Hockey Canada president and CEO Bob Nicholson estimated that with contracts totalling about \$1.5 billion, it just got too expensive to insure them and allow players to lace up their skates.

excited for that."

Those who went through this experience four years ago before the Vancouver Olympics remember it fondly. They were able to skate then, which allowed coach Mike Babcock to

at least get a rough idea of line combinations. But as assistant coach Claude Julien of the Boston Bruins pointed out, not having the luxury of skating gives the staff a "great opportunity to do something different."

"The terminology that Mike talks about that we put in the next two days, the systems, the walk-throughs, are really, really important," said assistant Ken Hitchcock, who coaches the St. Louis Blues.

"Having that information that the players can draw from, we can go back and hit familiar ground right away."

THE CANADIAN PRESS

MLB

Buehrle leads Blue Jays out of slide

Mark Buehrle allowed one run over eight innings and the Blue Jays rallied for two runs in the ninth inning to snap a seven-game losing streak with a win over the Astros.

Buehrle (10-7) allowed seven hits and struck out seven in winning his fifth straight. He has allowed seven runs over 27 innings, spanning his last four starts. Casey Janssen pitched the ninth for his 23rd save.

THE ASSOCIATED PRESS

Golf

Scott good enough to grab Barclays championship

Masters champion Adam Scott won The Barclays on Sunday after everyone around him did their best to lose it.

Scott played bogey-free and closed with a 5-under 66. He finished an hour before the final group, and watched from the locker-room at Liberty National in Jersey City, N.J.

Graham DeLaet of Weyburn, Sask., shared second place with Tiger Woods, Gary Woodland and Justin Rose with a low final-round score of 65.

THE ASSOCIATED PRESS



Adam Scott on Sunday in Jersey City, N.J. GETTY IMAGES

Ko owns two-year Canadian Open reign



Lydia Ko of New Zealand tees off on the 14th hole of the final round at the Canadian Open on Sunday in Edmonton. STEPHEN DUNN/GETTY IMAGES

Teenage golf phenom Lydia Ko made history Sunday at the CN Canadian Women's Open.

The 16-year-old from New Zealand shot a final round 64 to finish at 15 under for a five-stroke victory over Karine Icher.

Ko became the youngest winner of an LPGA event last year when she won the Canadian Open at the Vancouver Golf Club at age 15. With Sunday's victory, she becomes the first amateur in history to win two LPGA events.

Ko started the day one

shot back, but shredded the course at Royal Mayfair Golf Club in Edmonton with five birdies on the front nine and never looked back.

She had seven birdies in total and curled in a birdie putt from 16 feet out on the final hole to cap the day.

"I hit a really good drive on one and I kept it to the fairway, and I think that kind of got my momentum going," Ko said. "I was in a little bit more of a pressure position (as defending champion), so I was really happy with my 64."

Unfortunately winning is becoming an expensive proposition for Ko, who was born in South Korea but grew up in New Zealand.

As an amateur, she cannot accept the \$300,000 first prize, which instead goes to Icher. Ko has played in 14 LPGA events over the last two years, leaving almost \$1 million in prize money on the table. Ko said she's still considering asking the LPGA for an exemption to let her turn pro before she's 18.

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

You may think you know all there is to know about a friend, but do you? Something you discover today will surprise you and require you to look at them in a new light. Maybe they're not so predictable.

Taurus

April 21 - May 21

You have lots to do this week and you must get help. If you attempt to do it alone, you will most likely end up in a mess and get angry at the world.

Gemini

May 22 - June 21

Make sure you know what is expected of you before you agree to take on more responsibility. You may be desperate to get ahead in your work or boost your income but it cannot be at any cost.

Cancer

June 22 - July 23

Minor disagreements may get out of hand today, so try not to speak or act in a manner that could be seen as threatening. One minor spark could be all it takes to ignite a major blaze, so be extra careful.

Leo

July 24 - Aug. 23

It's easy to blame others when things go wrong but on this occasion, the fault lies with you. Once you own up to that, you can find a way to put things right again. Others will help.

Virgo

Aug. 24 - Sept. 23

You may be desperate to make a new start and the Sun in your sign makes it possible but don't push too hard today. Whatever choices you have in front of you there will be even better ones later in the week.

Libra

Sept. 24 - Oct. 23

Venus in your sign is at odds with Uranus, planet of the unexpected, today, which suggests that someone close will be pushing to make changes. Let them. It's unlikely they will affect you.

Scorpio

Oct. 24 - Nov. 22

Don't worry if you don't seem entirely "with it" at the moment. The challenges of the weekend have taken their toll and it may be a day before your mind is completely switched on again.

Sagittarius

Nov. 23 - Dec. 21

There are a thousand and one things that need doing in your life and you know if you don't start on them now, they will never get done. Be ruthless in your time management.

Capricorn

Dec. 22 - Jan. 20

You may be tempted to use shock tactics today but the planets warn it's not a good idea. You may even make things worse by provoking others to respond in kind.

Aquarius

Jan. 21 - Feb. 19

You are right and everyone else is wrong. That's the way you look at it and no one is going to convince you otherwise. This time tomorrow though, you'll be having second thoughts.

Pisces

Feb. 20 - March 20

For some strange reason you fear the worst, even though there is no obvious reason why you should. Listen to your instincts but don't let them paralyze you into inaction. Just this once, they could be wrong.

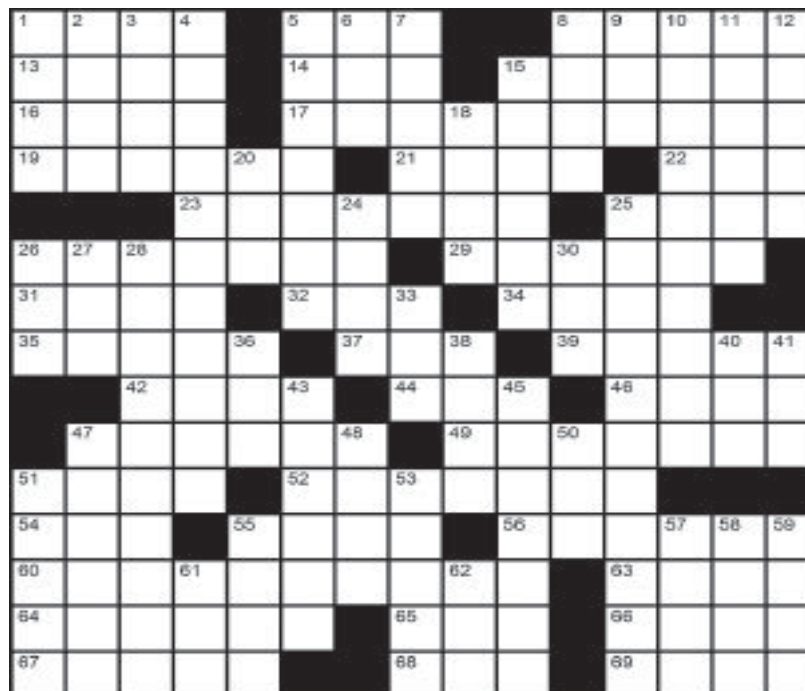
SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Type of lettuce
- US airer of "Mad Men"
- Lady's Disney dog co-star
- Nabisco treat
- Mauna (Hawaiian volcano)
- Singer Justin
- Harbinger
- Rap act, ___ & Ryan Lewis
- From whence 'Canada' originates
- Cocktails, Mai ___

- Hi-___ graphics
- Popper-outer-of-pop, ___ machine
- Afflicts
- Ms. Lansbury's
- Scooby-Doo's master
- Diving bird
- Nero's 155
- Ms. Spelling
- Shindig
- As written
- Varieties
- Couples
- Ms. West
- Organized+crime boss
- Mom-portrayer on #8-Down, Meredith Baxter ___
- Banting and Best... Canadians who co-discovered what?
- "Groove Is in the Heart" by ___-Lite
- City ___ (Municipal



- body)
- German 'I'
- Water bird
- Eye part
- Cavity causer: 2 wds.
- Les Etats-___ (United States, in French)
- Villager, say
- Around-the-track unit

- Newfoundland's nickname, The ___
- Designer Mr. Cassini's
- Approx.
- Particular baa-ers

Down

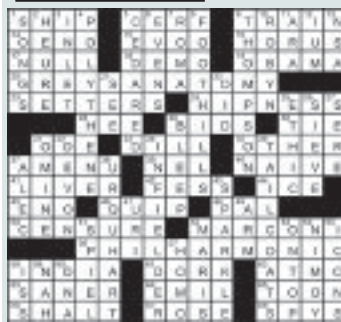
- Oprah's Club link
- "___ la Douce" (1963)
- "___ there, done

- that."
- New ___, Nfld.; or, Place ___ (Montreal building)
- The Old Farmer's ___
- Bygone bird
- Prickly desert plants
- Michael J. Fox sitcom, "Family ___"
- Shortened sleep

- state
- APTN = ___ Peoples Television Network
- Just
- Iron
- Scourge
- Wichita's li'l state
- ___ Aviv, Israel
- Fast web connections
- Farming

- High peak
- Cacharel perfume
- 'Mr. Hockey', Canadian legend from Saskatoon: 2 wds.
- Hunky-dory
- Energy
- Poetically far
- Abel's brother
- Printer resolution meas.
- Bart, to Homer
- Break from a group
- Convert into secret code
- Stay groovy: 2 wds.
- Yesteryear
- "Sprechen ___ Deutsch?"
- "Same here."
- "Full House" character, ___ Jesse
- Not that
- "___ pronounce you..." (Altar words)
- Pleasant
- Questions
- 1987 to 1994 'Star Trek' series, to fans
- Writer Mr. Milne's

Friday's Crossword

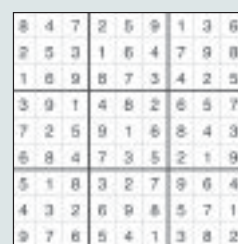


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 33°
MIN: 19°



MAX: 29°
MIN: 16°



MAX: 29°
MIN: 21°



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